

Voice of the Residents



Vol 40, No10

Broadmead, Cockeysville, MD

Summer, 2019

BRA Annual Meeting covers past success, future challenge

By Kathleen Truelove, photo by Erroll Hay

Expressing praise and gratitude for a year of very hard work, President Ann Heaton introduced the current officers, and especially called attention to the service Bob Daly gave the BRA Board, even during his final illness.

Jai Dixon gave the treasurer's report. He pointed out that the four largest sources of income for the BRA are the Barn Sale, off-site sales, the Old & New Shop, and a donation from Broadmead Inc. The Fiscal Year 2020 budget has been approved by the relevant parties. The Employee Appreciation Fund this spring has collected \$64,000, \$4,000 more than the goal. In response to a question, Jai said that 2/3 of residents contributed, which is typical.

Stan Wilson reported on the spring Barn Sale. He said that he, Lucy Wright, and Edie Cleaves (who are the new Barn Sale coordinators) would like to consider a "Greater Barn Sale" which would include revenue from the three components Jai listed: the Barn Sale, off-site sales, and the Old & New Shop.

Vernon Wright gave an optimistic report from the Finance Committee.

Denise Love presented the following slate of officers selected by the Nominating Committee: President: Ann Heaton; First Vice President: David Harley; Second Vice President: Jack Griffith; Secretary: Karen Meadow; Associate Secretary: Edith Cleaves; Treasurer: Jai Dixon; Associate Treasurer: Brigid Goody; Cluster Coordinator: Kathleen

Continued on page 7

2019-20 budget remains balanced; budget increases for staff raises; monthly fees increase by 3.25%

By Jackie Mintz, photo by Bob Heaton

Again, as in 2018-19, the budget for 2019-20 presented by Chief Financial Officer



CFO John Palkovitz

John Palkovitz showed a balanced operating budget, the result of what he thinks is one of the administration's biggest achievements: the gradual elimination since 2014 of operating budget deficits.

Broadmead's financial stability was an important factor in its ability to borrow funds

for the Master Plan at an advantageous BBB+ rate.

continued on page 7

Inside . . .

New Food Service Head	page 3
Eating for Health	page 5
New Resident Welcomes	pages 8-9
Seeking Art for New Spaces	page 14
Music Concerts	pages 16-17
Pollinator Garden Party	page 18
African American Museum trip	page 19
History of Writers Group	page 24

Photo of domestic bluebirds by Erroll Hay

Multicultural Committee brings Kenyan Maasais to Broadmead

By Sidney Levy, photo by Bob Heaton

John Parsitali and Cicilia Seleyian, members of the Maasai tribe in Kenya, Africa, appeared on May 1, both in decorative tribal wear. John is a social worker in the Maasai community in Nairobi, and Cicilia is his traveling companion. They visit the U.S annually.



John said the Maasai's main source of income is from the jewelry the women make and sell. He said, "We are a nomadic nation and tending to our livestock is our primary occupation." He carried a bead-covered baton which was the mark of a

leader and used the colors on the bands around it to explain what they mean for Maasai and the jewelry they make. Blue represents the sky; red is for blood and courage; orange is the sky at sunset and also God's blanket; black is the color of their skin and green is for the grass. Yellow is for peace and honey, a symbol of peace.

Cicilia said making Maasai jewelry requires patience, developing a pattern, and attention to colors. Only women make jewelry. She taught the audience to count from one to ten in Swahili, the language of the Maasai.

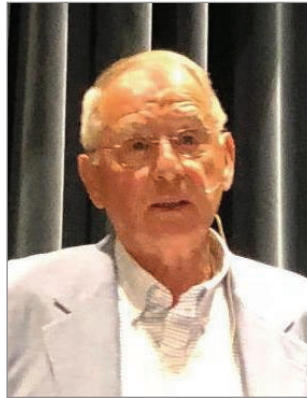
Marriage is an important part of their Maasai community. It is meant to be long-lasting and divorce is very difficult to obtain. Children are raised by, and learn from, the community. Women and children are considered sacred.

John and Cicilia sang and danced a Maasai tune (see photo). John jumped high in the air several times as males do when they dance. When asked about the total population of Maasai in Kenya, John replied with a smile, "We are neither the majority nor the minority - we are a very unique section of the nation."

Cliff York fought injustice in Macon, Georgia in 1954

by Gwen Marable, photo by Bob Heaton

Broadmead resident Cliff York told a fascinating story about being arrested and jailed in June of 1954 for having a Negro as a guest in his home. This was a violation of an "unwritten law."



After graduating from Mercer University in Macon, GA, at the age of twenty-one, he rented a house nearby. Cliff's brother came to live with him. One day the brother brought a Black friend, Richard Scott, home from work. An anonymous

telephone call warned him to "get that N...out of the house". The police came shortly after and served them with a warrant for "suspicion of a misdemeanor."

Cliff and Richard were both arrested, put in jail, and later released on bail. From then on, caravans of cars regularly rode past Cliff's rented house yelling "N...lover" and throwing beer cans and bottles into the yard. Cliff's landlord threw their belongings on the curb. The dean of Mercer College called Cliff in to tell him he had made the college "look bad."

But Cliff was not to be intimidated. He told his story to the Macon Telegraph newspaper. Soon the Associated Press picked it up and it became national news. Thereafter, new legislation made it illegal to arrest someone on the basis of an unwritten law. Forty-seven years later, in 2001, Cliff and Richard were invited back to Mercer College as guests at a theatrical performance telling the story of how the college had integrated.

Richard had graduated from Talladega College in Alabama and joined the Army where he gained musical experience. He went on to become road manager of the Supremes and New Kids on the Block. He now has offices in New York and L.A.

After the talk, sponsored by the Multicultural Committee, other residents, inspired by Cliff's words, told similar stories of their own.

Long-time Broadmead chef named as new head of Dining Services

By Jackie Mintz, photo courtesy of Marketing

Recently appointed Director of Food Services Dan Hall not only is no stranger to Broadmead, he has never worked anywhere else. Given his long Broadmead tenure and his experience in catering, as well as in the varied aspects of food service in a CCRC, as COO Robin Somers explained, "We gave the job to Dan because he had by far the best credentials of all candidates for the position."



For his part, Dan says that the best thing about working at Broadmead is that "along with an incredible staff they allow us to be creative and use the best products available. In many places, the set of options

available to chefs is very, very limited."

Since he is carrying two jobs right now - he retains his responsibilities as Executive Chef along with his new duties as head of Food Services - Dan is concentrating on filling the Executive Chef position as soon as possible. Reorganizing jobs and job descriptions to bolster what he sees as the strength of the kitchen staff and his plans for the future, he hopes to complete the restructuring and make the appointments by the end of June.

Although plans for the future are still being developed, he points to the addition of salad plates in the upcoming menu cycle as harbingers of a menu with more "healthy" spa food options.

Dan began at Broadmead as a part-time employee in the utilities department, in 1991, when he was 16 years old. He found himself asking the chefs if he could help, and thus started learning to cook. At that time the chefs included Leroy Richardson, Tina Purnell and Gloria Martin, who are still at Broadmead and whom many residents know.

Dan still credits them, and especially Leroy, as the source of the bulk of what he knows about cooking.

Dan's rise was rapid. In 1994, he was hired on "the cold side" (preparing cold dishes). A year later, he was hired on "the hot side," and one year after that, he was hired as a sous chef. In 1997, encouraged by management, Dan attended culinary school, with a scholarship assist from Broadmead.

Three months after graduating from the Baltimore International Culinary College in the spring of 1999, Dan was appointed to the newly vacant position of Chef. Six years later, when the position was reclassified, he became Executive Chef, the position he has held until now.

Typical Barn Sale proceeds seen

By Elsa Collins, photo by Edie Cleaves

The wrap-up meeting for the April 2019 Barn Sale reported total sales of \$15,838 for the two days of the sale. The total figure reflected gross sales and did not include subtraction of the start-up money for several departments. Some people feared that sales might have been lower than in previous



years. But, all things considered, such as the fact that the 2019 April sale did not include honey, plants or holiday décor, current results are fairly typical.

Moreover, the Old and New Shop reported sales of \$742 for Friday, and Duffy Mathias

reported that furniture had sold about \$800 in the period leading up to the Friday sale.

The new team of Edie Cleaves, Stan Wilson and Lucy Wright entertained questions and comments about future Barn Sales. The highlight was the appreciation expressed to Anne Minkowski for her many years managing the Barn Sales and for her guidance to the new team. Anne said that her tenure had been a joy, and she is confident about the new team.

Amendment to MD Constitution is sought to protect the environment

by Ed Hirschmann, photo by Bob Heaton

Nina Beth Cardin, a "community rabbi" and cousin of U.S. Senator Ben Cardin, posed the question: "Do your grandchildren have a right to a healthy environment?" Cardin certainly believes that they do, and is trying to ensure that outcome by working to amend the Maryland Constitution to mandate it.



Cardin, a co-founder of the Interfaith Partnership for the Chesapeake, stated her case at an Open Forum presentation in early May.

The strategy, she explained, is to draft a "Healthy Green Maryland" amendment for introduction into the

Maryland General Assembly next year. Pennsylvania enacted such a measure thirty years ago, she said.

Cardin acknowledged that the impact of such an amendment would need to be studied, such as its impact on public works, transportation, etc., and she mentioned the danger of lawsuits.

As for nuclear power, she said her group has not yet taken a stand as to whether that is overall helpful or harmful to the environment.

Baseball outing again plagued by rain and frustrating Oriole loss

By Bob Heaton

At least this year, the rain held off until just after the game, and only impeded the departure of the Broadmead contingent.

The game itself was a thriller, as the Birds rushed out to a 5-1 deficit, much to the delight of a passel of nearby Yankee fans. But in the 8th inning, the Orioles roared back to a 5-5 tie. Bob Fetter said it were as if someone had poured glue on the seats of the NYY fans. They were not heard from again until the hapless Oriole bullpen yielded the winning run in the top of the ninth. Final score: 6-5.

Former County Executive critical of school board selection process

by Ed Hirschmann, photo by Bob Heaton

Roger Hayden, conservative businessman and civic activist, does not like the new selection method for choosing the Board of Education for Baltimore County.



Speaking at an Open Forum event in early May, Hayden said that electing a majority of the board members (seven out of twelve) means that many

members won't have the qualifications and experience to do a proper job. "There's too much to learn," Hayden said. "People just don't understand. If it's not a debacle, it's very close to it."

A questioner in the audience reminded Hayden that the debacle of the disgraced superintendent (Dallas Dance) was the fault of the old, politically-appointed school board. A permanent replacement has yet to be chosen.

Hayden, former COO and CFO of Eastern Stainless Steel Co., served as County Executive from 1990 to 1994. He had served on the Board of Education from 1980 to 1984. He now heads Hayden Consulting Group, LLC.

In his amiable and informal talk, Hayden urged more retired persons, especially retired professionals, to involve themselves in their local schools. He said, "Kids are too important to be neglected; and that's the bottom line."

CURRENT EVENTS

Barry Rascovar

returns for six Mondays beginning
on July 22, ending on August 26
3:30 p.m. Auditorium

*Living in interesting times with
Trump, Pelosi, Biden, and many, many more
at home and abroad.*

Eating for Health

Text and photo by Beth Wells

Welcome to the first in a new series of articles, planned to appear in each issue of the Voice, featuring topics related to eating for health at Broadmead. Residents have a variety of different health needs, goals, and preferences related to eating, so this series will aim to cover a broad range of topics. The purpose is to inform residents about healthy options offered in Holly Terrace and Arbor Café, and to elicit comments from residents to Dan Hall (new Food Service Director), Jerrell Fleming (Assistant Executive Chef), and the BRA Food Service Committee on ways Broadmead can continue to expand its menu options to accommodate increasing interest among residents in eating for health. It's important for every resident to know that their input and requests are welcome, and that they help the dining management team to continuously improve the menu options.

Low Sodium foods

Many residents seek, for reasons of health or taste, to limit the amount of sodium in their meals. A food is designated as *low sodium* when it contains 140 or fewer milligrams (mg) of sodium per serving. Dan and Jerrell advise that one of the easiest and most delicious ways to consume less sodium at mealtime is to make selections from the Spa Menu, which is available daily *upon request* at both lunch and dinner in both venues. Spa features such as grilled chicken, grilled salmon, steamed vegetables, and baked potato are prepared with no salt. Also offered daily on the Spa Menu *upon request* at both lunch and dinner in both venues are two low-sodium soups: chicken noodle and vegetable. Fresh berries or other fruit for dessert can complete a delicious and very low sodium meal.

Spa Menu items are prepared especially for the resident who has ordered them, so they are freshly cooked and served hot, can be seasoned to taste, and are well worth the

few extra minutes it takes to receive them. In Holly Terrace, one of the servers will deliver the Spa meal to your table, so you don't have to wait for it at the serving line. Some residents enjoy a mix-and-match meal, with one or two items ordered from the Spa Menu and other dishes selected at the service line or salad bar.



Jerrell Fleming and Dan Hall

Residents who are watching their sodium intake are encouraged to give the Spa Menu a try. Some residents may feel reluctant at first to request specially prepared foods, but all food service staff are trained in how to handle your requests, and they are eager to accommodate every resident's needs. Dan and Jerrell plan to expand the Spa Menu this summer and would like to hear from residents about the additional low sodium dishes you'd like to see offered to help you in eating for health.

Residents are encouraged to share their requests or comments in person or by email with Dan Hall, fscchef@broadmead.org, Jerrell Fleming, jfleming@broadmead.org, or Melinda Purkey, melinda@broadmead.org, or with the BRA Food Service Committee on a dining comment card.

WELCOME RECEPTION FOR NEW RESIDENTS

Come and meet our new friends
Thurs., July 25 7:00 p.m. Auditorium
Please remember to wear name tags

New state representatives speak at MaCCRA event

by Ed Hirschmann, photo by Ann Heaton

The "new-look" delegation, elected to Annapolis from the Broadmead area (District 42B) last year, made its first live report back at a meeting arranged by the Broadmead chapter of the Maryland Continuing Care Residents Association. Each politician found something at which to "point with pride."



Nino Mangione, Lisa McKellen, Barbara Brocato, Denise Love, Chris West

Senator Chris West, stepping up from his previous role as a delegate, pointed to the work on the new entrance to Broadmead from York Road. This achievement, he said, was the culmination of a four-year campaign, at the urging of Broadmead management and residents, for installation of a traffic light. He also noted the appropriation of a half-million dollars for improvement of the Maryland State Fairgrounds at Timonium and the banning of Styrofoam food containers as pollutants.

A more expensive matter is the proposed appropriation of 400 million dollars for construction of new high school buildings for Towson, Dulaney, and Lansdowne high schools, which West believes are badly needed. "The Senate leadership just dug in its heels," and opposed it, he said. But next year, "I can guarantee I'll be doing a victory jig" for the new buildings, he said.

Delegate Nino Mangione, reporting on his first legislative year, expressed his opposition to the Kirwan Commission recommendations for higher education reform because they would cost many millions of dollars and

"could lead to a tax increase on hard-working Marylanders." He also helped defeat the proposed \$15-an-hour minimum wage bill, which he said would mean a loss of jobs, and hurt small "mom and pop" businesses.

The other delegate, Michelle Guyton, was traveling abroad and was represented by an aide, Lisa McKellen. Guyton's activity was scarcely impeded during the legislative session by serious injuries from a fall. Guyton, the only Democrat in the delegation, has been appointed to the Education and Finance Resources subcommittee, and she has arranged for a summer study of the state's resources for treatment of autistic handicaps. McKellen said the delegate is also examining the use of solar energy panels and whether they can ruin the soil.

Barbara Brocato, MaCCRA's veteran lobbyist, reported on a measure that would provide state subsidies for home and community-based residences, saving the state about half the cost of institutional care. The bill would repeal a prohibition of the engagement of lawyers to plead such cases. The bill, however, was buried in the Budget Committee, Brocato reported.

The event was planned and hosted by local MaCCRA president, Denise Love.

Great Decisions Lectures to resume in January 2020

By Bob Heaton

For residents who like to plan ahead, the Great Decisions Program, which has been a tradition for the past seven years at Broadmead, will be in full form in 2020.

Relatively new resident Walter Burnett has taken the reins from Marj Espenschade, who ably guided the proceedings in recent years.

As usual, eight topics will be announced in the Fall and there will be an opportunity at that time to order the resource books at a discounted rate.

All presentations will be held on Thursday afternoons from 3:30 to 5:00 in the Auditorium. The dates of the events are:

January 23 and 30.

February 6, 13, 20, and 27.

March 5 and 12.

2019-20 Budget *continued from page 1*

The **operating budget** for 2019-20 showed a breakeven between revenue and operating expenses of \$22.5 million each; and an overall excess of revenues over expenses of approximately \$1.5 million after considering investment income, amortization of entrance fee income, interest costs and depreciation expense. John cautioned, however, that in the next few years, when obligations kick in to pay interest on bond borrowing and Broadmead begins to depreciate Master Plan assets, this will become a negative figure.

Operating revenue will increase by \$646,000, half of which comes from the increase in resident monthly fees, the other half from an increase in Medicare revenue stemming from an expected increase in the number of patients receiving services under that program.

Operating expenses will increase by \$646,000, all but \$3,000 of which is attributable to salary and wage increases and increases in employment taxes and benefits. With these increases, Broadmead will reach its goal of raising the minimum wage to \$15 per hour for all full-time employees for the 2020 fiscal year.

Residents' monthly fees will go up by 3.25%. All of that revenue will go toward staff wages and benefit cost increases. Entry fees will increase by 3% for all units except for the garden home studios. Over the period 2015-2018, fees have increased an annual average of 3.1%, while increases at the competition ranged from 2.4% to 3.6%.

The **capital budget** is to be funded primarily from entrance fees and a portion of the cash repaid from Master Plan financing for costs incurred prior to the financing.

Capital expenditures consist of \$4 million for renovations and refurbishment of garden homes; \$3.34 million for renovating the new entry to the Broadmead campus, including the traffic signal (which is not part of the Master Plan); and the remaining \$1.64 million for building and systems, technology, a new fire alarm system, and other property and equipment.

Additionally, debt service principal and interest payments will primarily be funded with the proceeds of investments income.

BRA Annual Meeting *continued from page 1*

Truelove; Activities Coordinator: Del Boughter; Representatives to the Broadmead Board of Trustees: Nancy-Bets Hay and Ross Jones; Nominating Committee: Stanton Collins, Gayle Blakeslee, Lolly Farrington, Cynthia Ballard, and Denise Love.



FRONT ROW: Jai Dixon, David Harley, Ann Heaton, Jack Griffith, Karen Meadow. **BACK ROW:** Brigid Goody, Nancy-Bets Hay, Kathleen Truelove, Ross Jones, Del Boughter, Edith Cleaves

Robin Somers described the upcoming campus improvements. She encouraged residents to tolerate, with good cheer, the disruption the construction will entail.

Ann Heaton described Caremerge, *aka* Broadmead Connection, to which all residents have access, and which now has a BRA component. She said that the Broadmead staff is committed to keeping residents abreast of developments as the construction goes forward. Ann mentioned the multicultural initiative at Broadmead, especially with the hiring of Jennifer Marañón. Ann said that welcoming new neighbors, especially in light of the coming deluge of new residents to the Hillside Homes, is a priority for BRA for the coming years.

**Open House - Rescheduled
OLD & NEW SHOP**

Come and meet Broadmead's
Published Authors

Show & Tell Book Discussions
Book Signings *Punch & Cookies*

Sunday, June 23 1:30-3:30 p.m.

Broadmead Welcomes

Helen “Nell” Baumiller A-14 May, 2019
410-296-2259 hbaumiller@comcast.net

Nell Baumiller is no stranger to Broadmead, having visited here as the guest of Nancy-Bets Hay, with whom she worked at Gilchrist for five years.



An RN, Nell started at Johns Hopkins Hospital, where she worked in a ward for cardiac surgery and burn patients ages 2-12. She then moved to GBMC, where, as a clinical manager, she managed outpatient clinics for almost 20 years. In 1996, she

moved to Gilchrist, where she was a case manager seeing patients at home and in facilities. Later she became a clinical manager supervising a team of staff.

When Nell started at Gilchrist in 1996, it was in its infancy and there were 76 patients. Today there are almost 1000 patients. Like the whole industry, Gilchrist has expanded and is now the largest hospice in the state.

What drew Nell to Gilchrist was its focus on “patient choice,” similar to the “patient centered” approach at Broadmead. On her first visit, the social worker who was accompanying her said they had to stop for a carton of cigarettes on the way because Mrs. X wanted to continue to smoke even though she had COPD. On occasion, she found it difficult to accept the consequences of the emphasis on patient choice. One patient who suffered crippling pain refused any and all pain relievers for fear of losing mental sharpness. Despite Nell’s efforts to find him medications that would have no effect on his mental acuity, he refused.

Having settled into her garden home after a mere month, Nell is ready to start investigating opportunities to participate in resident activities. She is especially interested in those relating to healthcare for residents.

Nell is a native of Baltimore, having grown up in Lutherville and Homeland. Prior to

moving to Broadmead, she lived in Towson for 42 years. She attended Notre Dame Preparatory School and St. Joseph Hospital School for Nursing. She obtained a B.S. in healthcare administration from St. Joseph’s College-Windham, Maine.

When she was not treating patients, Nell devoted - and still devotes - time and resources to mentoring young women interested in a nursing career. She reads, travels, and plays mahjong. She also volunteers for Gilchrist.

Text and photo by Jackie Mintz

Colleen Hurt C21 May, 2019
443-578-8347 cohurt@comcast.net

Southwestern Virginia native Colleen Hurt is a friendly woman who enjoys meeting new people and getting to know them. She has found Broadmead welcoming and looks forward to participating in activities here, including exercise and tai chi.



Colleen attended nursing school at the University of Virginia where she met her future husband, Chuck, who was a medical student there. They came to Baltimore where he did a residency at the University of Maryland and she

was a nurse at Union Memorial. Chuck became a professor of anesthesiology at Johns Hopkins by which time they had moved to Harford County to raise their son and daughter.

After retiring, they moved to Rehoboth Beach where they lived for 25 years. The house there is still in the family for their children and grandchildren to use. Colleen enjoys gardening, but will need to retrieve the tools she left at the house in Delaware.

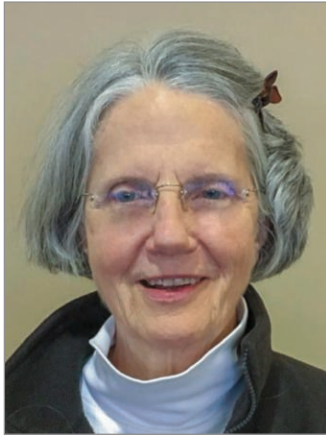
Text and photo by Kathleen Truelove

To encourage our new neighbors to make friends, wear name tags.

Broadmead Welcomes, *continued***Nancy Gilpin** L-8 June, 2018

978-998-1291 nbgilpin@comcast.net

Nancy Gilpin hopes very strongly that at the conclusion of the Master Plan renovation, space can be found for a fully-dedicated library. A good deal of her career was spent as a Children's Librarian at the ElkrIDGE Branch of the Howard County Library. She was well-qualified for that post, having earned a Master of Library Science from Catholic University in Washington, D.C., where she grew up.



Nancy's high school was Madeira, a private girls' school in McLean, VA. After that, she earned a BA in English and Art History at Sweet Briar, also in VA, after which she earned a Master of Arts in Liberal Arts in the renowned Great Books program at St.

John's College in Annapolis.

Nancy's work history also included ten years as a teacher at Riverside Montessori School in Berryville, VA, and a time as an archivist at the Gilman School in Baltimore.

During the seven years prior to her move to Broadmead, Nancy lived in Manchester, MA. She has two nieces and three great-nieces there. While there, she volunteered at the Museum of Fine Arts in Boston as a greeter, explaining exhibits and telling visitors where to find them.

Nancy has a strong interest in fostering regularly programmed intergenerational activities. She recently visited Pennswood Village, a Quaker CCRC in Newtown, PA, where they have a staff person whose only job is to stage intergenerational activities, which are popular with the residents. She hopes to interest Broadmead's administration in exploring that field.

Nancy lists her pursuits as gardening, reading, theater, and opera.

By Bob Heaton, photo by Ann Heaton

Susan Saunders K-10 443-578-8361

susansaundersaji@comcast.net April, 2019

Susan Saunders is a woman of varied talents. She has been a magician's assistant, an amateur ballerina, and a social worker using American Sign Language (ASL) to communicate with her clients.



Born in Youngstown, Ohio, she moved to Rodgers Forge near Towson while in third grade. Thanks to the growth of that area at the time, she attended five different public schools while living in the same house.

She graduated with a degree in psychology from Hiram College in Ohio, which she chose because the theater department staffed a showboat during the summer.

Returning to Baltimore, she met her husband, Larry, on a blind date. Larry was an electrical engineer and worked first at Bethlehem Steel. Later, after getting an MS in computer science, he worked at the Digital Corporation, then at the National Institute of Allergy & Infectious Diseases at the National Institutes of Health. Meanwhile, Susan got an MS in social work from U. of Pennsylvania, commuting from Baltimore to do so.

After the birth of her second son, Susan was a stay-at-home mom and decided to learn American Sign Language, which she then combined with her social work. She had studied ballet since childhood and decided to take it up again at age 50, but eventually badly dislocated her ankle, leading to a broken leg and the end of her dancing days. She is still friends with her "old lady ballerina" group. Larry died suddenly in 2014, after 47 years of marriage. The couple lived almost that whole time in the north Baltimore neighborhood of Govans, where they raised two sons. Both are married and still live in Maryland, one in White Hall and the other in Rodgers Forge. Susan has three grandchildren.

Text and photo by Kathleen Truelove

May Exchange features two Food Service mainstays

Text and photos by Bob Heaton

First up at the May Exchange was Jerrell Fleming, who said he graduated from Lake Clifton High School, where he enjoyed playing football. While earning a BA in finance at Morgan State, he began work at Broadmead as a hot cook. Benefitting from Broadmead's scholarship program, he earned a Culinary Arts degree from Baltimore International Culinary College.



As an Assistant Executive Chef, Jerrell supervises the Arbor Café and the Corner Cupboard, manages calorie counts of foods, and maintains the computer system under which Food

Service operates. Several residents praised him for solving problems encountered on Arbor Café food charges. He has two brothers working at Broadmead, and his favorite foods are Caesar chicken salad, crab cakes, and spinach.

Katie (Kasia) Smith started as a server at age 15 while attending City College High School, and has progressed at Broadmead for 13 years. About the time she had her



treasured six-month old daughter, Avery, she was promoted to Event Planner. Several residents gave glowing accounts of Katie's skill in organizing and managing functions for them. "She can do everything!" one resident exclaimed.

Katie also manages the staff Spirit Committee with Linnette Kanitz. They stage opening day parties and other celebrations such as a 40th Anniversary celebration for the staff, and another planned for residents in October. She is known for her creative Halloween costumes, in which she is often unrecognizable. Her cousin, Tawonda McDonald, is an Arbor Café server.

Happiness and disposition go together. Are they controllable?

By Sue Baker, photo by Bob Heaton

Dr. Karen Schwartz, Associate Professor of Psychiatry and Behavioral Sciences at the Johns Hopkins School of Medicine, put a positive spin on the subject of happiness when she spoke to residents in May.



Happiness versus misery depends on one's disposition, she said, and she assured a rapt audience that although one's disposition is greatly affected by genetics, it can definitely be influenced by the

choices made by an individual.

The choices of friends and of activities are among the important determinants of what happens to a person, according to Dr. Schwartz. In particular, social connections need to be fostered and encouraged. Positive emotions such as joy, pride and a sense of purpose often are related to the ability to connect with others and have meaningful relationships.

What can one do? Among her suggestions were actively being a good friend, for example by visiting others who are sick or alone. Practicing gratitude by writing letters and expressing gratitude in person will improve one's disposition, as will making a date with someone or embarking on a new activity. Self-awareness is important, so learning enough about one's self to change can be the key to modifying disposition.

It is critical to identify any underlying problems that may reduce a person's capacity to feel happy. Depression, which is often characterized by a lack of interest in activities, is treatable if recognized early.

Schwartz closed with Eleanor Roosevelt's recommendation: "Smile!" Not only the person who smiles but those who observe it will feel happier.

June Exchange: Don Palughi, Friends Circle
Tuesday, June 25 3:00 p.m. Auditorium

InSight provides resources for visually impaired residents

By Angela Breakey

InSight is a group sponsored by the BRA that holds gatherings of residents interested in issues related to **vision**, notably medical issues of low vision. These meetings are varied, held approximately every two months, often in the auditorium, but also offsite. Past trips have been to the Blind Industries and Services of Maryland, Wilmer eye clinic at JHU, and a voice-described Center Stage theatre production held in the Maryland Library of the Blind. Speakers at Broadmead have been vision therapists, an ophthalmologist, and blind speakers. Small group discussions have been held. Such discussions cover issues concerning assistive devices and techniques for maximum sight.

InSight funding by BRA covered the purchase of a lighted magnifier that is available for all at the reception desk. Large Vision enlarger machines using CCTV that allow viewers to read their mail or books enlarged 7+ times are available in the resident lounge, and also in Taylor where they are often used by residents.

June will feature a return visit and different topic from Mary Jo Hartle, who presented an engaging talk in March. One of Broadmead's occupational therapists from Genesis Rehab is planning to share her expertise in vision in September. Over the summer, a research questionnaire regarding the use of computers by residents and the need for large print notices for residents unable to read notices will be designed and implemented by Beth Zimmerman and Angela Breakey.

There will be ample publicity for these events. Several notices will be placed around the campus, on yellow paper for easier viewing for people with vision issues. When possible, *The Voice* will print information boxes for **InSight** presentations. They will be on the Caremerge and, perhaps, the yellow sheet.

InSight is Coordinated by Angela Breakey, Priscilla Barrett, Nancy Schumann, Bonnie Griffith and Jan York.

Extent of elder substance abuse is not fully known

Text and photo by Bob Heaton

"If I were king of the world, I would probably outlaw alcohol." This was a remark that Eric C. Strain, M.D., Director of the Johns Hopkins Center for Substance Abuse, Treatment, and Research made *twice* during



the April BRA Health Care Lecture. As a paradox, he said that he had a beer during the previous week.

Strain said there are many uncertainties surrounding substance use and abuse, especially among the elderly.

The first uncertainty is the definition of "elderly." Among the several possibilities, Strain has chosen 65+ as his definition. The second uncertainty is whether or not alcohol or substance abuse is actually a major problem for seniors. There have been very few studies of the issue, and their reliability is questionable because much consumption is done secretly, and people do not always answer truthfully to physicians or statisticians.

Nevertheless, it is fairly clear that more than one million American seniors can be classified as heavy drinkers, and this number will increase dramatically as Baby Boomers attain seniority. Also, between 2015 and 2016, there was a pronounced increase in use of illicit drugs in that age group. More research is urgently needed.

Strain notes that a further problem is the lack of guidelines. He said that although definitions differ among sources, more than five drinks per sitting for men, four for women, constitute a binge episode, and two episodes in a month would define heavy drinking.

Even less data is available on drug use, especially opioids. Today's marijuana is much more potent than that of the 1960's, Strain cautioned.

Broadmead Briefs *by Bob Heaton*

On May 14, a bus load of residents toured Baltimore Harbor sites, with special emphasis



Photo by Ann Heaton

on Rukert Terminal, a 130 acre facility which handles mostly bulk cargos like road salt (see photo). The business has been in the family of resident **Bud**

Nixon since 1921. The trip was organized and managed by Bud and by **Sid Levy**.

Commenting on the **ceramics** items appearing in the **Display Case** in July and August, **Florence Platt** said that eleven residents are participating. Some are new to working in clay, while others have considerable experience. They are mentored by teacher Peggy Fowler, who spent many years at Baltimore Clayworks.

Broadmead enjoys a fully equipped studio where classes are held from 1:00 to 3:00 p.m. on Thursdays. The studio is open at all times for independent work.

The first of four rock fishing trips by residents on the party boat "Independence" took place on May 17. **Harry Butcher, Bob Heaton, Michael Kelly, and Jerry Winkelstein** were aboard, as well as Bob's son Rob and future Hillside Homes resident **Zan Baughan**. Captain Joey Sadler said that



Photo by Bob Heaton

the cold spring has delayed the normal schooling up of the fish, so they are harder to find. Future trips will show much better results. The only keepers were boated by Harry, Michael, and Jerry (see photo). Other Friday trips this season are June 7, June 28, and September 13.

Health Services Administrator **Ann Patterson** says that plans are being implemented to have the OPD staff do blood draws for lab tests, replacing outside phlebotomists. This is not an economy move, but rather an effort to make the laboratory process more convenient for residents because of scheduling flexibility. Also, it is a step toward having lab results available on MyChart once the clinician has reviewed the results. Ann hopes to have the new procedure up and running by September.

On May 2, a bus load of residents visited Homewood House on the campus of Johns Hopkins University. The accompanying photo



*Front row: Edie Cleaves, Josepha Caraher, Nancy Hauss, Nancy Wait, Mary Agnes Evans, Ruth Martin.
Back row: Gwyn Sirota, Libby Murphy, Peggy Tapley, Phyllis Hoyer, Elborg Forster.*
Photo by Ann Heaton

was taken at a back door of the lovely home built in 1801 by Charles Carroll as a wedding gift to his son. After visiting the mansion, the group informally toured Roland Park, the area designed by Frederick Law Olmsted, Jr., son of the developer of New York's Central Park. Several residents on the bus had lived in the neighborhood, and offered interesting commentary on some of the homes and landmarks they passed. Also on the trip, but not in the photo, were Gayle Blakeslee, Judith Hundertmark, Natalie Starr, and Ellen Williams. *Briefs continued on next page*

BRA Health Care Lecture

Hospice vs. Palliative Care vs. Comfort Care
What's included and what's not

Paula Gabriel, R.N., Carroll Hospice

Tuesday, June 18 10:30 a.m. Auditorium

Broadmead Briefs - *continued*

On May 19, many residents missed an entertaining presentation by the Westminster Bell Ringers (see photo). Unfortunately,



Photo by Erroll Hay

memorial services for **Susie Fetter** and **Branch Warfield** were held on the same day, drawing away many who would have attended.

Music Committee chair **Denise Love** has scheduled the group's return in December to offer holiday selections. Of special interest to residents is the fact that one member of the group is **Lin Wolfe**, daughter of **Marilyn** and **Duffy Mathias**.

Gwen Marable reports that Wellness Director **Andy Switzer** and Volunteer Coordinator **Sara Moore**

sponsored an intergenerational art project at Broadmead.

A first grade teacher came with the STEM and Enrichment Program students from Govans Elementary



Student with **Gwen Marable**
Photo by Sara Moore

School. Working one-on-one, the students made collages with the help and encouragement of residents who had signed up for this activity. An exhibit of their work was scheduled, and residents were invited. Sara is planning more of these opportunities to work with young students. Residents are encouraged to join in the fun.

Story Circles led by Jennifer Marañón
Fridays, June 14, 21, 28 1:00-2:00 p.m.
Taylor Great Room
Limited to 12 participants

Gwen Marable says that a new Wellness offering is gaining popularity. **Zentangle** is a practice supervised by certified Zen instructor **Becky Boynton**. It is a calming activity that reduces stress, improves focus, and builds self-confidence. **Rebecca Smith**, Wellness Coordinator, plans to schedule one class per month. Residents are invited to come tangle.

Sue Baker, encouraged by the positive response of residents to her recent talk about the myriad unsafe products that challenge our safety and health (*Voice* April, 2019), traveled in May to Ithaca, NY, to give a lecture to graduate students at Cornell's Department of Design and Environmental Analysis. Her trip was part of a new collaboration of faculty members at Johns Hopkins and Cornell who are striving to influence designers of products and the built environment to place greater emphasis on safety in the initial stages of their designs.

Broadmead Chorus delights residents with second concert

Text and photos by Bob Heaton



Opening with "I'd Like to Teach the World to Sing"



Chorus rests while Kathie and Jackie play Brahms

A large audience gathered on June 2 for the second formal concert of the Broadmead Chorus led by Kathie Metz and accompanied by Jackie Stokes. The group seeks additional residents regardless of skill level. Rehearsals are held each Friday from 10:30 to 11:45 a.m.

MUSIC COMMITTEE

Seth Kibel Trio

Sun., June 23 3:30 p.m. Auditorium/Lounge

Cabaret Music and Dancing

No sessions in July or August

Trail Day successful despite marginal weather conditions

Text and photo by Margaret Craig

The annual Trail Day was held this year on Friday, May 10th. The weather kept everyone in suspense and probably resulted in smaller than usual numbers. Nevertheless, 45 intrepid souls turned out, including many from Hallowell, following the footprints through the clusters.

Despite the threatening skies, one group followed the ridge trail and reported the rain effects were lessened due to the sheltering trees. Others ascended the rock trail to view the garnet outcropping.

A new phenomenon this year was the opportunity to observe, from above, construction taking place on the long-awaited replacement entrance road.

The day was organized by the trail group and the Wellness Department, which arranged the welcome area at the trail head complete with trail maps, refreshments, and traffic control. Staff members also laid out the footprint course through the clusters and recruited guides for residents following that course.



Evidence along the Lower Trail that Broadmead's beavers have their own Master Plan.

For those who missed Trail Day, a consolation prize has been planned for the four Wednesdays in June. At 9:30 on the 5th, 12th, 19th, and 26th, a guide from the Wellness Department or trail

group will be available at the trail head to lead a group walk on paths chosen by the participants. Group walks were one of the suggestions from residents surveyed by the trail group in March. Sixty-nine people responded and preliminary results were reported at the March Building and Grounds Committee meeting. Funds from the Nature Trails endowment enabled placing the much-praised chips along the Dogwood trail. The chips were produced from the many trees felled to make way for construction.

Broadmead seeks resident art for renovated Center

by Jane Elkinton and Jackie Mintz

As Broadmead prepares for renovations and construction, the Art & Design Committee comprised of residents and staff is working to make recommendations regarding art and design plans for the Community Center.



This watercolor by the late resident Philip B. Schnering photographed by Jackie Mintz has been accessioned into the Broadmead art holdings by the

Art & Design Committee. It represents the new initiative to present resident art in the renovated Community Center.

The committee plans to select art that identifies Broadmead as a community that values and encourages the arts. Many Broadmead residents are practicing artists and collectors of art. It would create a signature comment on the community to have the walls of the Community Center display the artistic talent and connoisseurship of its residents and regional artists. Focusing on works by resident and local artists will distinguish Broadmead for its unique celebration of the importance of creativity.

The contributors of art will know that their imaginative voices will be a lasting contribution to Broadmead's forty-year history of creativity and altruism.

Residents who are artists or collectors and would like to offer works to the community, or who have ideas to contribute to this initiative, should speak with a member of the Art & Design Committee or send an email to: ArtandDesign@broadmead.org. The members of the Art & Design Committee include: Jane Elkinton, Joyce Griffith, Ross Jones, Joyce Malone, Jackie Mintz, Emily Mohr, Robin Somers, Teri Starks, and Andy Switzer.

For further information on the Arts & Design Committee, see *Voice of the Residents* Vol. 40 No. 1, Sept. 2018, p.19.

Innovative atrium exhibit continues

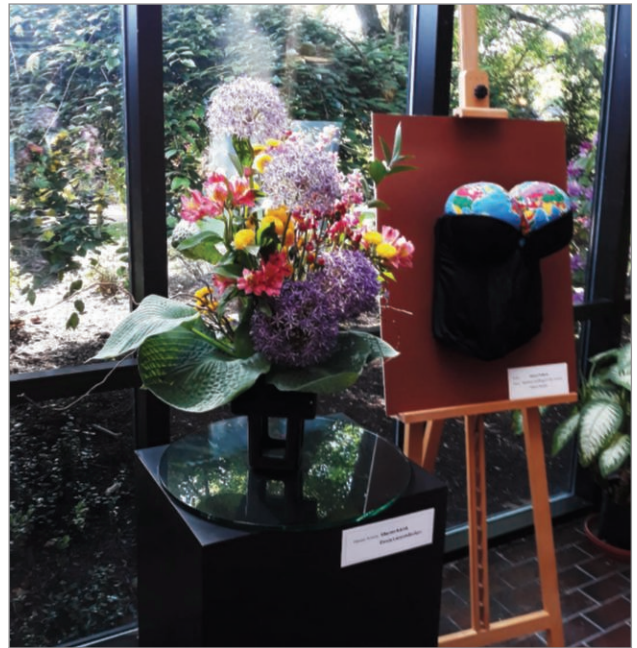
Text and photos by Jane Elkinton

The Atrium is providing space for Broadmead artists and poets to converse through their separate media, allowing the community to observe the results. Building on Broadmead's strong reputation for dynamic flower arrangements by a committee of residents, the pairing of flowers with poems is resulting in displays with great vitality. Each poem/flower combination remains on view for one week.

In June the poets represented are David Diorio, Flo Dunlop, Sibylle Ehrlich, and Gwen Marable, with response in flowers by Elborg Forster with Dosia Laeyendecker, Sharon Karsk, Sally Robinson and Kathleen Truelove.

This follows the format of the weekly May exhibits that featured works of art made by Carole Glowacki, Hyko Laeyendecker, Jackie Mintz, and Nancy O'D Wilson, who enjoyed floral comment from the above flower arrangers along with Betty Iber, Bea Post, and Sally Weinman.

The art objects were in a variety of media, including ceramics, sculpture, fiber art, and acrylic painting. These artistic conversations are as vibrant as they are quiet.



***Nancy O'D Wilson Sculpture
Flowers by Sharon Karsk
and Dosia Laeyendecker***



Hyko Laeyendecker's ceramic "Three Dervishes" with the spirited and elegant response from flower arranger Elborg Forster.



***Jackie Mintz Painting
Flowers by Bea Post and Betty Iber***



***Carole Glowacki Quilt
Flowers by Sally Weinman and Sally Robinson***

Music Committee brings back two popular groups for memorial concerts

By Bob Fetter, photos by Bob Heaton

The BRA Music Committee, working with family members, arranged for two more memorial concerts during May, following the April Choral Arts Society concert the Davis Family sponsored in memory of Chace Davis.

On Sunday afternoon, May 5, three members of the Elizabeth Pollard Fetter Chamber Music Program at Swarthmore College traveled with Professor Michael Johns to Broadmead to share a program dedicated in memory of Susie Fetter. They played selections from Beethoven, Brahms and Turina. The performers included Herbert Rand, violinist, Eleanor Naiman, cellist, and Shira Samuels-Shragg, pianist, who also served as Director.



Herbert Rand, Shira Samuels-Shragg, Michael Johns turning pages, and Eleanor Naiman.

The cast of this ensemble group is ever-changing as students move toward graduation. But Susie

had always enjoyed the music of whomever the college sent, so it was very apt that they appeared for this memorial.

A week later, on Sunday afternoon, May 12, the Broadmead audience enjoyed a return visit from the Old Bay Brass Quintet in a concert in Richard Love's memory. Once again, the performers were among the honoree's favorites.



John Wagner, Scott Ullman, Harry Oehler, Sarah Lewandowski, and David Sayers.

The group included John Wagner and David Sayers on trumpet, Scott Ullman on the horn, and Sarah Lewandowski and Harry Oehler, trombonists. Their selections ranged from works by Giovanni Gabrieli and Samuel Scheidt to Leonard Bernstein's *West Side Story* and Ulrich Roeber's "Highland Cathedral."

Long-time resident Richard Gilley honored and thanked for service



Front row: Alison Bruyn, Eric Bruyn, Austin Bruyn, Richard Gilley, and Joyce Gilley. Back Row: Four armed-service volunteer veterans from Gilchrist, hospice nurse Anne Marie Gardner, Delegating Nurse Chad Craig, Director of Nursing Pushpa Nallabotula, and resident Frank Iber.

By Bob Fetter, photo by Teri Starks

Richard Gilley enlisted in the U.S. Navy at age 17 and served on the cruiser *Birmingham* in the western Pacific when the Japanese were resorting to kamikaze attacks.

Gilchrist Hospice operates a program to honor veterans for their service. Recently, at a ceremony on Hallowell Hall, four Gilchrist volunteer veterans, representing the four branches of the armed services, came to present Richard with a statement of appreciation.

Adding to Richard and wife Joyce's enjoyment of the celebration was the first-time presence of Richard's great-grandson, Austin, son of Richard's grandson, Eric Bruyn. Richard died on June 3, having lived at Broadmead for nine years.

Friends School singers make annual spring appearance

By Bob Heaton

For many years, Friends School of Baltimore has been sending singing groups to Broadmead in the spring. Residents have enjoyed either The Pleiades, an Upper School *a cappella* girls group or, as this year on May 30, The Apollos, a Middle School mixed sex chamber ensemble.



7th and 8th grade students from Friends School of Baltimore. Photo by Robin Tate

The Apollos, eleven girls and six boys, sang a wide variety of songs, most in other languages. There was also an accomplished piano solo performance of "Night Train".

They were directed by Cecile Audette, who has done so for many years. Matthew Lane ably accompanied on piano. Cecile's daughter, Renee, FSB '18, played violin.



Cecile Audette, Renee Audette, Matthew Lane
Photo by Bob Heaton

Until this year, these visits have been hosted by the Broadmead administration because the Music Committee, for some now-forgotten reason, did not

sponsor mid-week afternoon events. But this year, committee chair Denise Love elected to take this hosting assignment off the plate of the overworked, man of many hats, George Pattee. Denise said the new arrangement worked very well, and she looks forward to future events.

Two Sunday concerts in July

by Elsa Collins, photos from the internet

Broadmead residents and guests will be treated to two Sunday concerts in July.

On Sunday, July 7 at 3:00 p.m. an ensemble, "Swamp Romp," from The United States Army Band, Pershing's Own, will perform traditional jazz and folk music from Louisiana. For two decades this group's musical performances have supported recruitment and community outreach



including national broadcasts on television and rebuilding efforts after Hurricane Katrina.

The ensemble's appearance has been facilitated by Jack and Bonnie Griffith, who have had a long association with the trombonist, Staff Sergeant Aaron Eckert, who holds a Master's Degree in Instrumental Music. Bonnie and Aaron's parents participated in the choir at their church in Belleville, Illinois. Aaron's parents will also attend this concert.

A concert on Sunday, July 28 at 3:30 p.m.



will feature the return of pianist Solomon Eichner, who performed at Broadmead in 2018.

A Baltimore native, Eichner studied privately in Baltimore and then pursued degrees from North Carolina School of

Music, the Peabody Conservatory and the University of South Carolina. The American Liszt Society describes Solomon's playing as "poetic, beautiful, and moving."

Annual Pollinator Garden Party draws enthusiastic crowd

by Phyllis Hoyer

The resident Nature Committee's annual plant giveaway was enhanced this year in several ways that showcased the activities of the committee, as well as providing a social activity for attendees to enjoy. Beverages savored throughout the event were fruited water and sangria. Refreshments included candies in butterfly and flower shapes, as well as butterfly crackers with toppings. Afternoon shade provided a lovely setting for the event.

Nearly 200 flowering plants were distributed, with the majority being annuals in packs of four. The perennials included: *asclepias tuberosa*, the monarch favorite; turtlehead, a Baltimore checkerspot butterfly favorite; penstemon; monarda; and goldenrod; all native to the mid-Atlantic region.

Residents eagerly received the distributions, and clearly wanted more. Many rushed home to plant, instead of lolling about enjoying themselves and the fine weather. The committee, volunteers, and some guests enjoyed quiet social time after the rush.



Gay Block and Phyllis Hoyer
Photo by Angela Breakey

The four-chambered bat house, intended to help alleviate the threat of West Nile Virus, as well as nasty virus-free mosquito bites, was on display prior to its placement on the south side of the barn. A butterfly migration jigsaw puzzle, destined to enhance the Lounge puzzle table, was also shown. Also displayed were the four remaining monarch caterpillars from E-1, now residing there as chrysalides. Their costumed "mother," Gay Block (see photo), came to watch over them, and to encourage participants to enter their names for door prizes. Thirteen people entered, and all received a garden-themed prize.

Finally, and of great importance to the Nature Committee's mission, was a display of some of the non-native species invading Broadmead gardens such as Japanese stilt grass, garlic mustard, and Chinese bittersweet. Said Committee Chair Phyllis Hoyer, "These plants, if allowed to grow, will out-compete our natives and reduce the pollen and nectar our precious pollinators need to thrive. By enhancing our knowledge and working together, we can create an improved environment for nature to flourish."



Lucinda Shaw, Gay Block, Margaret Craig, Sandy Lund, and Gwen Marable

Photo by Phyllis Hoyer

Planning the event were Phyllis, and committee members Gwen Marable and Sandy Lund. The Nature Committee meets on the 3rd Wednesday of each month in the Fireplace Room. Caring residents who want to help are encouraged to attend.

AUGUST HEALTH CARE EVENTS

Family Education Afternoon

Residents' families can **and should** "Meet the Team" so as to understand *transitions, residents' rights, expectations, confidentiality, and advance directives*,
Sat., August 10 1:00 p.m. Auditorium

Panel Discussion

Dr. Monias, Chad Craig, George Pattee, Pushpa Nallabotula, Teresa Geroulo, and Ann Patterson will discuss:
Emergency Response, Infection Awareness, OPD Updates, Overview of Family Education, Transportation Clarification, and Disease Management (COPD and CHF)
Mon., Aug. 26 10:00 a.m. - noon Auditorium

Trip to African American History Museum opens residents' eyes.

By Bob Fetter, photos by Stanley Wilson

In a recent trip to the National Museum of African American History and Culture in D.C., Broadmead residents were exposed to the vast range of African American history and culture, from the darkest corners of the African American experience in this land to its optimism, spirituality, and joy. For most, this was an eye-opening experience.

The most harrowing chapter was the Middle Passage when over 15,000,000 African slaves were imported into the New

World. One horrific aspect was the disparity of the number of slaves boarded vs. the number delivered. Less well known, but equally dark, was the *internal* slave trade, which assumed greater importance after



Bob Fetter studies the demographics of slavery

1808 when the importation of new slaves was banned. Other dark chapters included the Dred Scott decision and lynching. More hopeful chapters included the Great Migration and the post-WW II desegregation of the military.

One lesson learned by Broadmead visitors was that because of the museum's enormous number and range of exhibits, planning for the visit and selecting a small number of topics to focus on during a visit is recommended.

Over forty residents made the trip. The trip was sponsored by the Multicultural Committee with the assistance of staff members Jennifer Maraña, Andy Switzer and Stacey Young.

At a gathering a few days later to share impressions about the trip, Gwen Marable observed: "This was an opportunity for me to return for the third time and still I have not seen everything. I am thankful that I've lived long enough to see and hear the facts and stories of my African and African American

ancestors (Benjamin Banneker, for one). I feel proud of the building and the contents and am grateful that others can be educated about the part African Americans have played in United States history."

Maggie Babb later observed: "I am grateful for, and thoroughly enjoyed the trip to the brilliantly organized African American History Museum. The information was presented in ways that I could scan, absorb, and continue walking without being overwhelmed. I would like to make return visits. The museum presented many details my studies of American History had neglected. I have yet to go online to see if I can find some details of the data presented. For example, the list of ships and their manifests. This is what I usually write poetry about, our hidden history."



Andy Switzer and Stacey Young count heads as residents board bus to return to Broadmead

Frank Iber put it succinctly: "The trip exceeded my expectations."

First Monday Book Group

The Library Book by Susan Orlean
Monday, July 1 10:30 a.m. Auditorium

No session in August

The Rosie Project by Graeme Simsion

Let's Sing - NO SESSION IN AUGUST

Mondays at 7:00 p.m. in the Lounge

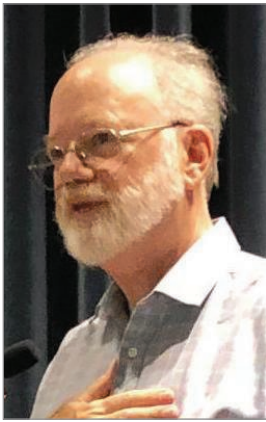
June 17: **Third Songbook**

July 15: **Sentimental Journey**

Ramallah Friends School thrives Amid Middle Eastern tensions

Text and Photo by Bob Heaton

Under the auspices of the Multicultural Committee, Broadmead trustee Arthur Boyd and his wife, Meg Meyer Boyd, spoke of their recent six-month visit to the Ramallah Friends School (RFS), which is ten miles north of Jerusalem.



Palestinians, because they share a gene pool with Jews, insist that they are cousins of Israelis, but, say Arthur and Meg, they are certainly not treated like family. The Boyds visited Ramallah 20 years ago, and note that separation and tensions are higher now.

They saw three examples of oppression during their stay: "Collective Punishment" occurred when the Israeli Defense Force (IDF) stormed an apartment building built for refugees in 1948 and sent all the residents outside at 3:00 a.m. Then, at 10:00 a.m., the IDF demolished the building because a noted Palestine offender had relatives there.

"Filtered News" took place when the police shot and killed a driver who they said "rammed" a policeman. Many smart phone videos showed that the driver was simply turning around, and brushed the officer. The government later amended the story and apologized, but many world news outlets, including America's PBS, reported the original story. Al Jazeera News came closest to an unbiased account.

"Who is the Terrorist?" told of a Palestinian who fired a futile shot at an armored Israeli bus. His identity was known to the IDF. They decided to arrest him at his mosque during the Friday evening service. After the perpetrator was removed, armored vehicles fired concussion and tear gas grenades near the mosque for over an hour as a form of retaliation.

The Boyds hasten to say that these events are far from the whole story. They know

many Israelis who disavow government policy, and are working to change it.

In this setting, the 150 year-old RFS strives to educate 1,500 Christian and Muslim students, K through 12, with the hope that tensions can be reduced in the future. Jewish students were formerly in the mix, but the city of Ramallah is now all Palestinian. The school is run under the auspices of Friends United Meeting (FUM), a worldwide Quaker organization that recruited the Boyds to help strengthen the Quaker aspects of the school.



An important service RFS offers is annually hosting a Model United Nations session where students from all grades from seven Palestinian schools represent the different countries of the world. The students learn about "their" countries and argue their interests on the "world

stage."

The RFS offers the International Baccalaureate program, and virtually all of its graduates go to college, about 70% in the USA. Of those, many begin careers here, but when they have families, many return to Palestine for their children to attend RFS.

The Boyds were accompanied by Andy Albertini, a FUM official who is Development Director for RFS.

Broadmead Journal of Poetry and Prose is now accepting submissions for the Fall, 2019 issue. Please email poems or prose articles to: broadmeadjournal@gmail.com, and also place a typed copy in the mailbox labeled Writers Group.

SEASON TICKET HOLDERS

Broadmead needs to plan Fall bus schedule. Please get checks to Marilyn Mathias, D-9.

Furniture and Appliances

New furniture donations are arriving now in the lower back hall and the Old & New Shop. See Duffy: 443-578-8226 after 10:00 a.m.

Religion at Broadmead

Friends Meeting for Worship

Sundays, 11 a.m.
Fireplace Room

Interfaith Vespers

Sundays at 4:30 p.m. in the Lounge

June 16 Pastor Don Burggraf
First English Lutheran Church

July 21 Joanne Tetrault
St. Matthias Episcopal Church

No service in August

September 15 Rev. John Dailey
Clynmalira United Methodist Church

Bible Study

(sponsored by
Govans Presbyterian Church)
Tuesdays, 10 a.m. Fireplace Room

Catholic Mass

(sponsored by St. Francis Xavier Church)
Second Wednesdays, 10 a.m.
Fireplace Room

Episcopal Communion

(sponsored by Sherwood Episcopal Church)
First Thursdays, 10:30 a.m.
Dining Room Flex Space

Conversations in Morals and Ethics

No summer sessions, resume in September.

In Memoriam

June Minch

June 6, 1929 - May 13, 2019

Harry "Branch" Warfield

November 3, 1924 - May 14, 2019

Elizabeth "Betty" Webster

June 25, 1943 - May 26, 2019

Edwina "Tot" Lyon

February 10, 1920 - May 29, 2019

Richard Gilley

January 22, 1926 - June 3, 2019

Moving Around Broadmead

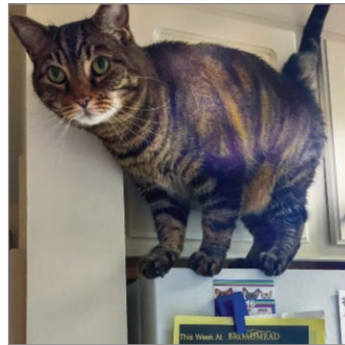
	From	To
Lorraine Hebrank	H-244	H-270
Paul Hamosh	G-4	T-308

Marco and Miché coexist

By Dosia Laeyendecker

Photos by Jackie Mintz

Marco and Miché live with Jackie Mintz in B Cluster.



Marco

Marco is the perfect specimen of a Tabby cat with beautiful dark striping and a rather wide face. Miché, also a Tabby, has less distinct stripes. She has big eyes and looks very female in her silky grey coat.

Miché is more bookish; Marco is more adventurous. They tolerate each other, but at a distance. Although Miché lived there first, Marco lets her know that he is boss. He is a bully and ingrate. He will encourage her to groom his face, and when she does because she is a nice cat, he will give her a satisfying swat.



Miché

Paint and Pastels

Thursdays, 10:00 a.m. to noon until
June 27. **No classes in July and August.**

BRA Conservation Committee

*Promoting Ecological, Energy, and
Global Conservation*

Mondays, July 8, Aug. 12, and Sept. 9
1:30 p.m. Fireplace Room
All residents welcome

New Arrivals

David Bulmer, Q-4 443-578-8278
Winfield Cain, C-3(July) 443-578-8223

BROADMEAD MOVIES

7:00 p.m. Auditorium

Saturday, June 15 *A Day at the Races*

Marx Brothers, with veterinarian Groucho posing as an M.D., try to save a sanitarium by finagling a win by a dubious racehorse.
1937 NR 1 hour 51 min

Tuesday, June 18 *Some Like It Hot*

To escape Chicago mobsters, Tony Curtis and Jack Lemmon don drag to join Marilyn Monroe's all-girl band *en route* to Florida.
1959 NR 2 hours 1 min

Sat., June 22 *Mary Poppins Returns*

Emily Blunt plays the magical nanny who returns after decades to help the now-adult Banks children through a hard time. Meryl Streep and Angela Lansbury appear.
2018 PG 2 hours 10 min

Tuesday, June 25 *It's a Mad, Mad, Mad, Mad World*

Mortally injured motorist tells onlookers he buried a fortune under the big W. Teams of famous comedians race off to find it.
1963 G 2 hours 41 min

Saturday, June 29 *The Return of the Pink Panther*

Peter Sellers is back as the bumbling Inspector Clouseau to solve another theft of the Pink Panther diamond.
1975 G 1 hour 53 min

Tuesday, July 2 *Fences*

In the 1950's, Denzel Washington, too old for the newly integrated major leagues, deters his son from a sports-based career.
2016 PG-13 2 hours 19 min

Saturday, July 6 *Out of Africa*

Married colonial Kenyan planter Meryl Streep falls for big game hunter Robert Redford, further complicating her busy life.
1985 PG 2 hours 41 min

Tuesday, July 9 *The Pawnbroker*

Emotionally drained Auschwitz survivor Rod Steiger stoically battles problems in New York, ultimately finding his humanity.
1964 Passed 1 hour 56 min

Saturday, July 13

Witness

Philadelphia police detective Harrison Ford hides with murder witness Lukas Haas in the boy's Amish community until the trial.
1985 R 1 hour 52 min

Tuesday, July 16 *Dead Poets Society*

Prep school English teacher Robin Williams uses poetry as a tool to help troubled adolescents take charge of their lives.
1989 PG 2 hours 8 min

Saturday, July 20 *The Quiet American*

Old British reporter Michael Caine vies with young American Doctor Brendan Fraser for a Vietnamese beauty in 1951 Saigon. From a Graham Greene novel.
2002 R 1 hour 41 min

Tuesday, July 23 *The Treasure of the Sierra Madre*

Three Huston oscars: Walter for supporting role, son John for writing and direction of a classic tale of greed and consequences.
1948 Passed 2 hours 6 min

Saturday, July 27 *La Vie en Rose*

Story of French songstress Édith Piaf who, at 20, was discovered singing in the street. Successful despite her troubled rearing, problems plagued her 48-year life.
2007 PG-13 2 hours 20 min

Tuesday, July 30 *Brief Encounter*

Two married Brits, a housewife and a doctor, meet by chance in a railway station café. They bond immediately and ruefully, but continue to meet there every week.
1945 NR 1 hour 26 min

Saturday, August 3

Hello Dolly

Set in 1890's New York, Barbra Streisand plays singing matchmaker Dolly Levi who pairs off various cast members while trying to snare wealthy Walter Matthau for herself.
1969 G 2 hours 26 min

Tuesday, August 6 *Leave No Trace*

An Iraq war veteran with PTSD and his daughter live happily off the grid in a forested park near Portland. Authorities find, and attempt to "save," them.
2018 PG 1 hour 49 min

Broadmead Movies (cont from p. 22)**Saturday, August 10****Gypsy**

Musical story of how Mama Rose (Rosalind Russell) nurtured the career of daughter Louise (Natalie Wood), who blossomed into burlesque queen Gypsy Rose Lee.

1962 Approved 2 hours 23 min

Tuesday, August 13**The Wife**

Long-suffering wife Glenn Close sacrificed her promising future to support writer husband Jonathan Price's career. He's receiving a Nobel Prize. She wants justice.

2017 R 1 hour 39 min

Saturday, August 17 **How to Succeed in Business Without Really Trying**

Musical comedy portrays window washer's effortless rise in the corporate world armed only with advice from a "how to" book.

1967 Approved 2 hours 1 min

Tuesday, August 20 **The Old Man and the Gun**

70 year-old Robert Redford escapes from San Quentin and stages a legendary series of heists. Sissy Spacek provides love interest in this true story.

2018 PG-13 1 hour 33 min

Saturday, August 24 **Oklahoma!**

Musical romance on the range in the Oklahoma Territory as four guys vie for Shirley Jones and Gloria Grahame.

1955 Passed 2 hours 25 min

Tuesday, August 27 **Ordinary People**

Parents Donald Sutherland and Mary Tyler Moore cope with the death of a favored son and assuage the misplaced guilt felt by surviving son Timothy Hutton.

1980 R 2 hours 4 min

Saturday, Aug. 31 **The English Patient**

In war-ravaged 1944 Italy, nurse Juliette Binoche delays evacuation to care for dying man who may have collaborated with Nazis.

1996 R 2 hours 42 min

Tuesday, September 3 **An Education**

In 1960's London, a 16 year-old girl's platonic relationship with a much older guy gradually slips toward romance.

2009 PG-13 1hour 40 min

Summer Hallowell and Taylor Events

Tuesday, June 18, 3:00 p.m.

Music with Judy Stamberg

Taylor Great Room

Wednesday, June 19, 3:00 p.m.

Monthly Birthday Party

with music by the Goodtimers

Hallowell Garden Dining Room

Monday, June 24, 10:30 a.m.

Poetry with Gwen Marable

Taylor Great Room

Hallowell Hall Cluster Meetings in

Hallowell Activity Room

July 5, 2019 11:00 a.m.

August 2, 2019 11:00 a.m.

Taylor Hall Cluster Meetings in Taylor Kitchen

July 15, 2019 10:30 a.m.

August 19, 2019 10:30 a.m.

Monthly Birthday Parties in Hallowell

Garden Dining Room

July 17, 2019 3:00 p.m.

August 21, 2019 3:00 p.m.

Saturday, July 13, 3:00 p.m.

Music with the Kelseys

Hallowell Garden Dining Room

Friday, July 19, 10:30 a.m.

Magical Experience Arts Company

Hallowell Activity Room

Sunday, July 21, 6:00 p.m.

Classical Guitar with Julien

Hallowell Hall

Monday, July 29, 10:30 a.m.

Hunter O'Neill Piano Music (New Performer)

Hallowell Hall

Friday, August 16, 3:00 p.m.

Guided Imagery and Music with Mike Smith

Hallowell Hall

Monday, August 26, 10:30 a.m.

Poetry with Gwen Marable

Taylor Great Room

Communion Services offered in Hallowell

Every Third, Fourth and

Fifth (when occurring) Thursday

Activity Room 11:00 a.m.

Voice of the Residents

Volume 40, No. 10 Summer, 2019

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EDITORIAL POLICY

The Voice is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry news, features and photos of interest to residents.

As its major goal is to promote a sense of community, *The Voice* does not publish criticism of individuals or the three organizational bodies that constitute Broadmead nor complaints about Broadmead affairs as there are established procedures for the resolution of internal problems.

The Voice does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion, nor submissions from outside media due to space limitations and possible copyright problems.

Decisions about content as well as writing and photography assignments are made at meetings of the Editorial Board, usually held the first Wednesday of each month. Advance publicity about events should be submitted by the 12th of the prior month, and those assigned to report on events should submit copy in digital format of no more than 300 words by the 12th of the prior month or as soon thereafter as the editors specifically allow. All copy is subject to editing and cutting, and should be sent to voiceBRA@gmail.com AND to rpfeh2@gmail.com.

Broadmead Writers Group has a long and distinguished history

by Gwen Marable

The Writers group was formed in 1995 by Lynn Buck and four other residents, including Phyllis Tyler, mother of author Ann Tyler, for residents of Broadmead who shared "a love of writing." Lynn wrote, "we wanted to be flexible and enjoy coming together each week with one another without pressure." They met once a week in the Fireplace Room. If walls could talk, there would be thousands of words heard and repeated over the last twenty-four years as the Writers Group has met and read what they've written. They also sponsored book talks by local writers, Alice Steinbach, Sujata Massey, and Laura Lippman. Gary Blankenberg, a local poet, once attended the meetings as a guest. During the meeting each participant reads aloud for ten minutes. All genres are welcome - poetry, fiction, essays, letters, memoirs and articles. Each meeting begins with five minutes of free writing prompted with a word suggested by a participant. The diversity and occasional similarity of the writing is amazing.

Attendance dwindles during the summer months but the group continues to meet at four o'clock on Fridays in the Fireplace Room. Residents Ruth Williams, Elborg Forster, Anne Allen Dandy, and Jim Crowder have led the group into this year. Now Maggie Babb has offered to keep the Writers Group writing.

Summer Display Areas

ATRIUM: **June:** Poetry and Flowers
July & August: STEEDS Exhibit from
Rose of Sharon Equestrian School on
equine experiences designed for seniors
DISPLAY CASE: **June:** H. Garber's mugs
July & August: Ceramics group see p.12
EAST HALL: **June:** BRA Photo Club
July: Watercolorist Stacy Lund Levy,
daughter of Pete and Sandy Lund
August: Artist Joyce Lister and her students
LOWER LEVEL: Architectural photographs